

ROCKVILLE SWIM CENTER

355 MARTINS LANE • ROCKVILLE, MARYLAND 20850 • 240-314-8750

The Swim Center, located at 355 Martins Lane, has two Indoor heated pools and two outdoor heated pools, 150 foot waterslide, saunas, whirlpool and health/exercise rooms. Different types of membership are available or you can pay a daily admission fee. For information call 240-314-8750.

Admissions fees: Adult \$6 Children \$5

Rockville residents (residing within corporate city limits, with valid City of Rockville Recreation ID available at the Swim Center for \$2)

Adult \$5 Children \$4

REGISTRATION PROCEDURES

RESIDENTS & PASSHOLDERS:

Walk-in, Telephone, Internet, Fax, Mail-in
May 11 7:30 a.m.

NON-RESIDENTS & NON-PASSHOLDERS:

Walk-in, Telephone, Internet, Fax, Mail-in
May 25 7:30 a.m.

REGISTRATION DEADLINE: June 15

No classes May 29-31.

PLEASE READ

- For mail-in or Fax registration, FULLY complete the registration form. If paying by credit card, numbers must be valid and legible.
- The discounted fees listed for each class are only for Swim Center Passholders/Members (Membership). Note: Discounted fees do NOT necessarily apply to individuals with a RockEnroll ID card or to City of Rockville residents.
- Send swim lesson registrations to the Swim Center (not to City Hall).
- Management reserves the right to cancel or consolidate any class when necessary. Due to limited time there will be NO make-up classes. For information regarding cancellation of classes listen to radio station WTOP or call 240-314-8750.
- Credits or refunds only will be issued for medical reasons and must be accompanied by a letter from your doctor. \$10 withdrawal fee for all issued refunds. \$5 fee for switching classes.

Mail to: Swimming Lessons
Rockville Municipal Swim Center
355 Martins Lane
Rockville, MD 20850

or

FAX to: Swimming Lessons
240-314-8759

Just a Reminder!

We have changed our Learn to Swim class names! Please clip out the following list and keep it for future sessions!

Aqua Babies = Bubblers 1

Aqua Tots = Bubblers 2

Pre School 1 = Bobbers 1

Pre School 2 = Bobbers 2

Pre Beginners 1 = Floaters 1

Pre Beginners 2 = Floaters 2

Pre Beginner 3 = Stokers 1

Pre Beginners 4 = Stokers 2

Beginners 1 = Youth 1

Beginners 2 = Youth 2

Beginners 3 = Youth 3

Beginners 4 = Youth 4

Beginners 5 = Youth 5

Beginners 6 = Youth 6

Strokes and Turn Swim = Youth 7

Swim Team Orientation = Swim Team Prep



Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Individuals with disabilities are encouraged to register and participate in Rockville Recreation programs. To adequately plan for a successful and rewarding experience, please contact our office 240-314-8620 two weeks prior to the activity start date. Ample time is needed to secure supplementary auxiliary services and aides. For additional therapeutic program opportunities, please contact the Montgomery County Department of Recreation at 240-777-6960; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats; please contact the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

Bubblers 1 - Adult/Child

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. An adult must accompany each child into the water and a signed doctors permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

#10968	Tue & Thu	Jun 22-Jul 15	10:30 am-11:00 am
\$55(P)/\$69(N)	Ages: 6-18 months		North Pool
#10969	Fri	Jun 25-Aug 13	10:00 am-10:30 am
\$55(P)/\$69(N)	Ages: 6-18 months		North Pool
#10970	Sat	Jun 26-Aug 14	9:35 am-10:05 am
\$55(P)/\$69(N)	Ages: 6-18 months		North Pool
#10971	Tue & Thu	Jul 20-Aug 12	10:30 am-11:00 am
\$55(P)/\$69(N)	Ages: 6-18 months		North Pool

Bubblers 2 - Adult/Child

Tots with little or no experience are welcome! Children learn the basics of swimming such as submerging, floating, kicking and arm stroking. An adult must accompany each child into the water and a signed doctors permission slip is required at the first class. Non-toilet-trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

#10972	Mon & Wed	Jun 21-Jul 14	3:00 pm-3:30 pm
\$55(P)/\$69(N)	Ages: 1½-3		North Pool
#10973	Tue & Thu	Jun 22-Jul 15	9:30 am-10:00 am
\$55(P)/\$69(N)	Ages: 1½-3		North Pool
#10974	Sat	Jun 26-Aug 14	10:10 am-10:40 am
\$55(P)/\$69(N)	Ages: 1½-3		North Pool
#11012	Mon-Fri	Jul 19-29	4:30 pm-5:00 pm
\$55(P)/\$69(N)	Ages: 1½-3		North Pool

Adult/Child Swim**Bobbers 1 - Adult/Child**

Along with a parent, children learn to adjust to the water! They learn the simple water skills such as submerging, floating, kicking and arm stroking. An adult MUST accompany EACH child into the water.

#11013	Tue & Thu	Jun 22-Jul 15	10:00 am-10:30 am
\$55(P)/\$69(N)	Ages: 3-5		North Pool
#11014	Tue & Thu	Jun 22-Jul 15	3:00 pm-3:30 pm
\$55(P)/\$69(N)	Ages: 3-5		North Pool
#11015	Sat	Jun 26-Aug 14	9:00 am-9:30 am
\$55(P)/\$69(N)	Ages: 3-5		North Pool
#11016	Sat	Jun 26-Aug 14	10:50 am-11:20 am
\$55(P)/\$69(N)	Ages: 3-5		North Pool

#11017	Mon-Fri	Jul 5-15	4:00 pm-4:30 pm
\$55(P)/\$69(N)	Ages: 3-5		North Pool
#11018	Mon-Fri	Jul 19-29	4:00 pm-4:30 pm
\$55(P)/\$69(N)	Ages: 3-5		North Pool
#11019	Mon & Wed	Jul 19-Aug 11	3:00 pm-3:30 pm
\$55(P)/\$69(N)	Ages: 3-5		North Pool
#11020	Tue & Thu	Jul 20-Aug 12	10:00 am-10:30 am
\$55(P)/\$69(N)	Ages: 3-5		North Pool
#11021	Tue & Thu	Jul 20-Aug 12	3:00 pm-3:30 pm
\$55(P)/\$69(N)	Ages: 3-5		North Pool

Bobbers 2 - Adult/Child

Children who already know how to do a front float with a kick should take this class. Children will work on back floats, combining parts of the crawl stroke, and endurance. Work in the deep end is done as well. An adult MUST accompany EACH child into the water.

#11022	Sat	Jun 26-Aug 14	8:25 am-8:55 am
\$55(P)/\$69(N)	Ages: 3-5		North Pool
#11023	Sat	Jun 26-Aug 14	11:25 am-11:55 am
\$55(P)/\$69(N)	Ages: 3-5		North Pool
#11024	Mon-Fri	Jul 5-15	4:30 pm-5:00 pm
\$55(P)/\$69(N)	Ages: 3-5		North Pool

Preschool Classes**Floaters 1**

Floaters 1 is designed for children who need to become adjusted to the water. Children will learn to do front/back floats, kicking, and arm stroking as well as putting their face in the water. They also will learn to swim five yards on their front.

#11025	Mon-Fri	Jun 21-Jul 1	9:00 am-9:40 am
\$61(P)/\$76(N)	Ages: 4-6		Recreation Pool
#11026	Mon-Fri	Jun 21-Jul 1	9:45 am-10:25 am
\$61(P)/\$76(N)	Ages: 4-6		Recreation Pool
#11027	Mon-Fri	Jun 21-Jul 1	3:40 pm-4:15 pm
\$61(P)/\$76(N)	Ages: 4-6		North Pool
#11028	Mon-Fri	Jun 21-Jul 1	4:20 pm-4:55 pm
\$61(P)/\$76(N)	Ages: 4-6		North Pool

Swim Classes

We Love Parents But...In order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Thank you for your cooperation. Registration deadline for all activities is one week prior to the start of the class unless otherwise noted.

#11029 Sat \$61(P)/\$76(N)	Jun 26-Aug 14 Ages: 4-6	9:00 am-9:40 am North Pool	#11048 Mon-Fri \$61(P)/\$76(N)	Jul 5-15 Ages: 4-6	9:00 am-9:40 am Recreation Pool
#11030 Sat \$61(P)/\$76(N)	Jun 26-Aug 14 Ages: 4-6	10:30 am-11:40 am North Pool	#11049 Mon-Fri \$61(P)/\$76(N)	Jul 5-15 Ages: 4-6	9:45 am-10:25 am Recreation Pool
#11031 Mon-Fri \$61(P)/\$76(N)	Jul 5-15 Ages: 4-6	9:00 am-9:40 am Recreation Pool	#11050 Mon-Fri \$61(P)/\$76(N)	Jul 5-15 Ages: 4-6	3:40 pm-4:15 pm North Pool
#11032 Mon-Fri \$61(P)/\$76(N)	Jul 5-15 Ages: 4-6	9:45 am-10:25 am Recreation Pool	#11051 Mon-Fri \$61(P)/\$76(N)	Jul 5-15 Ages: 4-6	4:20 pm-4:55 pm North Pool
#11033 Mon-Fri \$61(P)/\$76(N)	Jul 5-15 Ages: 4-6	3:40 pm-4:15 pm North Pool	#11052 Mon-Fri \$61(P)/\$76(N)	Jul 19-29 Ages: 4-6	9:00 am-9:40 am Recreation Pool
#11034 Mon-Fri \$61(P)/\$76(N)	Jul 5-15 Ages: 4-6	4:20 pm-4:55 pm North Pool	#11053 Mon-Fri \$61(P)/\$76(N)	Jul 19-29 Ages: 4-6	9:45 am-10:25 am Recreation Pool
#11035 Mon-Fri \$61(P)/\$76(N)	Jul 19-29 Ages: 4-6	9:45 am-10:25 am Recreation Pool	#11054 Mon-Fri \$61(P)/\$76(N)	Jul 19-29 Ages: 4-6	3:40 pm-4:15 pm North Pool
#11036 Mon-Fri \$61(P)/\$76(N)	Jul 19-29 Ages: 4-6	3:40 pm-4:15 pm North Pool	#11055 Mon-Fri \$61(P)/\$76(N)	Jul 19-29 Ages: 4-6	4:20 pm-4:55 pm North Pool
#11037 Mon-Fri \$61(P)/\$76(N)	Jul 19-29 Ages: 4-6	4:20 pm-4:55 pm North Pool	#11056 Mon-Fri \$61(P)/\$76(N)	Aug 2-12 Ages: 4-6	9:00 am-9:40 am Recreation Pool
#11038 Mon-Fri \$61(P)/\$76(N)	Aug 2-12 Ages: 4-6	9:00 am-9:40 am Recreation Pool	#11057 Mon-Fri \$61(P)/\$76(N)	Aug 2-12 Ages: 4-6	9:45 am-10:25 am Recreation Pool
#11039 Mon-Fri \$61(P)/\$76(N)	Aug 2-12 Ages: 4-6	9:45 am-10:25 am Recreation Pool	#11058 Mon-Fri \$61(P)/\$76(N)	Aug 2-12 Ages: 4-6	3:40 pm-4:15 pm North Pool
#11040 Mon-Fri \$61(P)/\$76(N)	Aug 2-12 Ages: 4-6	3:40 pm-4:15 pm North Pool	#11059 Mon-Fri \$61(P)/\$76(N)	Aug 2-12 Ages: 4-6	4:20 pm-4:55 pm North Pool
#11041 Mon-Fri \$61(P)/\$76(N)	Aug 2-12 Ages: 4-6	4:20 pm-4:55 pm North Pool			

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front should take this class. Children will continue to work on and develop basic swimming skill such as front/back glides, kicking, arm strokes and rhythmic breathing.

#11042 Mon-Fri \$61(P)/\$76(N)	Jun 21-Jul 1 Ages: 4-6	9:00 am-9:40 am Recreation Pool
#11043 Mon-Fri \$61(P)/\$76(N)	Jun 21-Jul 1 Ages: 4-6	9:45 am-10:25 am Recreation Pool
#11044 Mon-Fri \$61(P)/\$76(N)	Jun 21-Jul 1 Ages: 4-6	3:40 pm-4:15 pm North Pool
#11045 Mon-Fri \$61(P)/\$76(N)	Jun 21-Jul 1 Ages: 4-6	4:20 pm-4:55 pm North Pool
#11046 Sat \$61(P)/\$76(N)	Jun 26-Aug 14 Ages: 4-6	9:45 am-10:25 am North Pool
#11047 Sat \$61(P)/\$76(N)	Jun 26-Aug 14 Ages: 4-6	11:15 am-11:55 am North Pool

Strokers 1

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least 8 yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

#11060 Mon-Fri \$61(P)/\$76(N)	Jun 21-Jul 1 Ages: 4-6	4:00 pm-4:30 pm North Pool
#11064 Sat \$61(P)/\$76(N)	Jun 26-Aug 14 Ages: 4-6	9:00 am-9:40 am North Pool
#11065 Mon-Fri \$61(P)/\$76(N)	Jul 5-15 Ages: 4-6	9:45 am-10:25 am Recreation Pool
#11066 Mon-Fri \$61(P)/\$76(N)	Jul 5-15 Ages: 4-6	3:40 pm-4:15 pm North Pool
#11067 Mon-Fri \$61(P)/\$76(N)	Jul 19-29 Ages: 4-6	9:45 am-10:25 am Recreation Pool
#11068 Mon-Fri \$61(P)/\$76(N)	Jul 19-29 Ages: 4-6	3:40 pm-4:15 pm North Pool
#11069 Mon-Fri \$61(P)/\$76(N)	Aug 2-12 Ages: 4-6	9:45 am-10:25 am Recreation Pool
#11070 Mon-Fri \$61(P)/\$76(N)	Aug 2-12 Ages: 4-6	3:40 pm-4:15 pm North Pool

Strokers 2

Children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water should take this class. Children will work on perfecting front/back crawl, and treading water. Students will be introduced to elementary backstroke and breaststroke.

#11075	Mon-Fri	Jun 21-Jul 1	3:40 pm-4:15 pm
\$61(P)/\$76(N)	Ages: 4-6		North Pool
#11076	Mon-Fri	Jul 5-15	3:40 pm-4:15 pm
\$61(P)/\$76(N)	Ages: 4-6		North Pool
#11077	Mon-Fri	Jul 19-29	9:00 am-9:40 am
\$61(P)/\$76(N)	Ages: 4-6		Recreation Pool
#11078	Mon-Fri	Jul 19-29	3:40 pm-4:15 pm
\$61(P)/\$76(N)	Ages: 4-6		North Pool
#11079	Mon-Fri	Aug 2-12	3:40 pm-4:15 pm
\$61(P)/\$76(N)	Ages: 4-6		North Pool

#11080	Mon-Fri	Jun 21-Jul 1	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 6 +		Recreation Pool
#11081	Mon-Fri	Jun 21-Jul 1	3:40 pm-4:15 pm
\$55(P)/\$69(N)	Ages: 6 +		North Pool
#11083	Mon-Fri	Jul 5-15	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 6 +		Recreation Pool
#11084	Mon-Fri	Jul 5-15	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 6 +		Recreation Pool
#11085	Mon-Fri	Jul 5-15	3:40 pm-4:15 pm
\$55(P)/\$69(N)	Ages: 6 +		North Pool
#11086	Mon-Fri	Jul 19-29	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 6 +		Recreation Pool
#11087	Mon-Fri	Jul 19-29	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 6 +		Recreation Pool
#11088	Mon-Fri	Jul 19-29	3:40 pm-4:15 pm
\$55(P)/\$69(N)	Ages: 6 +		North Pool
#11089	Mon-Fri	Aug 2-12	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 6 +		Recreation Pool
#11090	Mon-Fri	Aug 2-12	3:40 pm-4:15 pm
\$55(P)/\$69(N)	Ages: 6 +		North Pool
#11091	Sat	Jun 26-Aug 14	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 6 +		North Pool

Children's Swim Classes**Youth 1**

Water adjustment is the focus in this class! Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards. Children, when ready, will work on skills taught in Youth 2!

INDEPENDENCE DAY CELEBRATION



The Mayor and Council of the City of Rockville
cordially invite you and your family to attend our celebration

Sunday, July 4 • 6:30-10 p.m.

Richard Montgomery H.S. at 250 Richard Montgomery Dr.

Stage Entertainment by the Rockville Concert Band & Cawdaddies

• **SPECTACULAR FIREWORKS DISPLAY • FOOD VENDORS**

(Fireworks begin at dusk— approximately 9:30 p.m.) For information call 240-314-5022

or visit www.rockvillemd.gov

Youth 2

Children who can submerge for 5-10 seconds and do a front float should take this class. They will work on basic swimming skills such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing.

#11092 Mon-Fri Jun 21-Jul 1 9:00 am-9:40 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11093 Mon-Fri Jun 21-Jul 1 9:45 am-10:25 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11094 Mon-Fri Jun 21-Jul 1 3:00 pm-3:35 pm
\$55(P)/\$69(N) Ages: 7 + North Pool

#11098 Sat Jun 26-Aug 14 10:30 am-11:10 am
\$55(P)/\$69(N) Ages: 7 + North Pool

#11099 Sat Jun 26-Aug 14 11:15 am-11:55 am
\$55(P)/\$69(N) Ages: 7 + North Pool

#11100 Mon-Fri Jul 5-15 9:00 am-9:40 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11101 Mon-Fri Jul 5-15 9:45 am-10:25 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11102 Mon-Fri Jul 5-15 3:00 pm-3:35 pm
\$55(P)/\$69(N) Ages: 7 + North Pool

#11104 Mon-Fri Jul 19-29 9:00 am-9:40 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11105 Mon-Fri Jul 19-29 9:45 am-10:25 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11106 Mon-Fri Jul 19-29 3:00 pm-3:35 pm
\$55(P)/\$69(N) Ages: 7 + North Pool

#11107 Mon-Fri Aug 2-12 9:00 am-9:40 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11108 Mon-Fri Aug 2-12 9:45 am-10:25 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11109 Mon-Fri Aug 2-12 3:00 pm-3:35 pm
\$55(P)/\$69(N) Ages: 7 + North Pool

Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on the front and back should take this class. Children will learn to develop stroke improvement, back crawl, whip kick, treading water and rhythmic breathing.

#11111 Mon-Fri Jun 21-Jul 1 9:00 am-9:40 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11112 Mon-Fri Jun 21-Jul 1 9:45 am-10:25 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11114 Mon-Fri Jun 21-Jul 1 3:00 pm-3:35 pm
\$55(P)/\$69(N) Ages: 7 + North Pool

#11115 Mon-Fri Jun 21-Jul 1 4:20 pm-4:55 pm
\$55(P)/\$69(N) Ages: 7 + North Pool

#11116 Sat Jun 26-Aug 14 11:15 am-11:55 am
\$55(P)/\$69(N) Ages: 7 + North Pool

#11117 Sat Jun 26-Aug 14 9:45 am-10:25 am
\$55(P)/\$69(N) Ages: 7 + North Pool

#11118 Mon-Fri Jul 5-15 9:00 am-9:40 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11119 Mon-Fri Jul 5-15 9:45 am-10:25 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11120 Mon-Fri Jul 5-15 3:00 pm-3:35 pm
\$55(P)/\$69(N) Ages: 7 + North Pool

#11121 Mon-Fri Jul 19-29 9:00 am-9:40 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11122 Mon-Fri Jul 19-29 9:45 am-10:25 am
\$55(P)/\$69(N) Ages: 7 + Recreation Pool

#11123 Mon-Fri Jul 19-29 3:00 pm-3:35 pm
\$55(P)/\$69(N) Ages: 7 + North Pool

#11124 Mon-Fri Jul 19-29 4:20 pm-4:55 pm
\$55(P)/\$69(N) Ages: 7 + North Pool

Do What You Love!



Work part-time teaching your skill or hobby to others.

All class ideas are welcome!

\$13-\$25 per hour

Some openings include:

Children's Sports • Preschool Crafts
Children's Movement
Fitness • Tennis • Yoga
Pre-Ballet • Gymnastics/Tumbling
Dog Obedience • Parent/Child Classes
Pre-Postnatal Exercises

**Call 240-314-8620
for more information**

#11126	Mon-Fri	Aug 2-12	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		Recreation Pool
#11127	Mon-Fri	Aug 2-12	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 7 +		Recreation Pool
#11128	Mon-Fri	Aug 2-12	3:00 pm-3:35 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool

Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke as well as butterfly arms.

#11142	Mon-Fri	Jun 21-Jul 1	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		Recreation Pool
#11147	Mon-Fri	Jun 21-Jul 1	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 7 +		Recreation Pool
#11149	Mon-Fri	Jun 21-Jul 1	3:40 pm-4:15 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11150	Sat	Jun 26-Aug 14	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11151	Sat	Jun 26-Aug 14	11:15 am-11:55 am
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11152	Mon-Fri	Jul 5-15	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		Recreation Pool
#11153	Mon-Fri	Jul 5-15	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 7 +		Recreation Pool
#11154	Mon-Fri	Jul 5-15	3:00 pm-3:35 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11155	Mon-Fri	Jul 19-29	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		Recreation Pool
#11156	Mon-Fri	Jul 19-29	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 7 +		Recreation Pool
#11158	Mon-Fri	Jul 19-29	3:40 pm-4:15 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11159	Mon-Fri	Aug 2-12	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		Recreation Pool
#11160	Mon-Fri	Aug 2-12	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 7 +		Recreation Pool
#11161	Mon-Fri	Aug 2-12	3:00 pm-3:35 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11162	Mon-Fri	Aug 2-12	3:40 pm-4:15 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool

Youth 5

Children who can already swim one length of front crawl, back crawl and can swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water should take this class. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

#11165	Mon-Fri	Jun 21-Jul 1	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		Fitness Pool
#11166	Mon-Fri	Jun 21-Jul 1	3:00 pm-3:35 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11167	Sat	Jun 26-Aug 14	10:30 am-11:10 am
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11168	Mon-Fri	Jul 5-15	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		Fitness Pool
#11169	Mon-Fri	Jul 5-15	4:20 pm-4:55 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11170	Mon-Fri	Jul 19-29	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		Fitness Pool
#11171	Mon-Fri	Jul 19-29	3:00 pm-3:35 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11172	Mon-Fri	Aug 2-12	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		Fitness Pool
#11173	Mon-Fri	Aug 2-12	4:20 pm-4:55 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool

Youth 6

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of sidestroke, all in good form, is required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

#11174	Mon-Fri	Jun 21-Jul 1	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 7 +		Fitness Pool
#11175	Sat	Jun 26-Aug 14	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11176	Mon-Fri	Jul 5-15	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 7 +		Fitness Pool
#11177	Mon-Fri	Jul 5-15	4:20 pm-4:55 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11178	Mon-Fri	Jul 19-29	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 7 +		Fitness Pool
#11179	Mon-Fri	Jul 19-29	4:20 pm-4:55 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool
#11181	Mon-Fri	Aug 4-17	9:45 am-10:25 am
\$55(P)/\$69(N)	Ages: 7 +		Fitness Pool
#11182	Mon-Fri	Aug 2-12	4:20 pm-4:55 pm
\$55(P)/\$69(N)	Ages: 7 +		North Pool

Youth 7

Swimmers who are able to swim two lengths (50 yards) of freestyle and backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers MUST have passed Youth 5 & 6 in order to take this class.

#11184	Mon-Fri	Jun 21-Jul 1	9:00 am-9:40 am
\$55(P)/\$69(N)	Ages: 7 +		Fitness Pool

Adult Swim Classes

Adult Beginner 1

Adults will be introduced to the basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. This is an aquatic orientation class.

#11250	Mon & Wed	Jun 21-Jul 14	7:35 pm-8:20 pm
\$55(P)/\$69(N)	Ages: 14 +		North Pool

#11251	Mon & Wed	Jul 19-Aug 11	7:35 pm-8:20 pm
\$55(P)/\$69(N)	Ages: 14 +		North Pool

Adult Beginner 2

This class is designed for adults who know the basics of swimming but need to work on stroke coordination and rhythmic breathing. Adult Beginner 1 is recommended prior to taking this class.

#11252	Mon & Wed	Jun 21-Jul 14	7:35 pm-8:20 pm
\$55(P)/\$69(N)	Ages: 14 +		North Pool

#11253	Mon & Wed	Jul 19-Aug 11	7:35 pm-8:20 pm
\$55(P)/\$69(N)	Ages: 14 +		North Pool

Adult Beginner 3

Prerequisite: Swimmers should be at home in deep water, able to tread water and swim 20 yards of crawl stroke and back crawl. Adult Beginner 2 is recommended prior to taking this class. Class will help students refine the crawl stroke, back crawl and teach the elementary backstroke and breaststroke.

#11254	Mon & Wed	Jun 21-Jul 14	8:20 pm-9:05 pm
\$55(P)/\$69(N)	Ages: 14 +		North Pool

#11255	Mon & Wed	Jul 19-Aug 11	8:20 pm-9:05 pm
\$55(P)/\$69(N)	Ages: 14 +		North Pool

Adult Stroke Correction

Swimmers who have accomplished the basics but need to refine their strokes should take this class. Back crawl, front crawl, breaststroke and sidestroke will be developed. Endurance and breathing are stressed. This class is not for beginners! Adult Beginner 3 is recommended prior to taking this class.

#11256	Mon & Wed	Jun 21-Jul 14	8:20 pm-9:05 pm
\$55(P)/\$69(N)	Ages: 14 +		North Pool

#11257	Mon & Wed	Jul 19-Aug 11	8:20 pm-9:05 pm
\$55(P)/\$69(N)	Ages: 14 +		North Pool

Adult Water Fitness

Aqua Fitness

Class emphasizes aerobics, stretching and toning. Some swimming is done in the Mon., Wed. and Fri. classes. Music is used in the Tues./Thurs. classes. Classes are taught in deep and shallow water.

#11260	Mon & Wed	Jun 21-Aug 11	8:30 am-9:15 am
\$64(P)/\$80(N)	Ages: 15 +		North Pool

#11261	Mon & Wed	Jun 21-Aug 11	9:15 am-10:00 am
\$64(P)/\$80(N)	Ages: 15 +		North Pool

#11262	Mon & Wed	Jun 21-Aug 11	7:05 pm-7:50 pm
\$64(P)/\$80(N)	Ages: 15 +		South Pool

#11263	Tue & Thu	Jun 22-Aug 12	8:30 am-9:15 am
\$64(P)/\$80(N)	Ages: 15 +		North Pool

#11265	Tue & Thu	Jun 22-Aug 12	9:15 am-10:00 am
\$64(P)/\$80(N)	Ages: 15 +		North Pool

#11266	Fri	Jun 25-Aug 13	8:30 am-9:15 am
\$32(P)/\$40(N)	Ages: 15 +		North Pool

#11267	Fri	Jun 25-Aug 13	9:15 am-10:00 am
\$32(P)/\$40(N)	Ages: 15 +		North Pool

Deep Water Workout

Stretch you legs! Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy! This will stretch your legs and help tone your whole body.

#11286	Mon	Jun 21-Aug 9	9:15 am-10:00 am
\$32(P)/\$40(N)	Ages: 18 +		South Pool

#11287	Wed	Jun 23-Aug 11	9:15 am-10:00 am
\$32(P)/\$40(N)	Ages: 18 +		South Pool

#11288	Fri	Jun 25-Aug 13	9:15 am-10:00 am
\$32(P)/\$40(N)	Ages: 18 +		South Pool

Deep WaterFIT

Strengthen the abdominal and back muscles in deep water. Enjoy a total body workout, including cardio, doing isolation exercises in this low-impact activity. Non-swimmers are welcome and may use a floatation belt, provided.

#11291	Tue & Thu	Jun 22-Aug 12	9:15 am-10:00 am
\$64(P)/\$80(N)	Ages: 16 +		South Pool

H2O Walking

This water fitness program involves walking in waist to chest deep using different steps and directions at varying speeds to achieve cardio-respiratory fitness. 30 minutes of water walking equals to 2 hours of land walking. Class is taught in deep and shallow water. Music may be used.

#11270	Mon	Jun 21-Aug 9	9:15 am-10:00 am
\$32(P)/\$40(N)	Ages: 15 +		South Pool

#11271	Tue & Thu	Jun 22-Aug 12	10:55 am-11:40 am
\$64(P)/\$80(N)	Ages: 15 +		Fitness Pool
#11272	Wed	Jun 23-Aug 11	9:15 am-10:00 am
\$32(P)/\$40(N)	Ages: 15 +		South Pool
#11273	Fri	Jun 25-Aug 13	9:15 am-10:00 am
\$32(P)/\$40(N)	Ages: 15 +		South Pool
#11274	Mon & Wed	Jun 21-Aug 11	7:55 pm-8:40 pm
\$64(P)/\$80(N)	Ages: 15 +		South Pool
#11275	Tue & Thu	Jun 22-Aug 12	7:05 pm-7:50 pm
\$64(P)/\$80(N)	Ages: 15 +		South Pool

Lunch Crunch Workout

Need a quick pick me up during the day? Take a break from hustle of the office or the hassles at home! This midday work out will focus on stretching, strengthening and toning muscles. Equipment and music may be used.

#11289	Tue & Thu	Jun 22-Aug 12	11:00 am-11:45 am
\$64(P)/\$80(N)	Ages: 16 +		Fitness Pool

Swim for Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. You do not have to be a proficient swimmer to enroll, but you must be able to swim 100 yards of crawl stroke without stopping. Swimming equipment (fins, hand paddles and pull buoys, etc.) is recommended. Next challenge for you may be the Masters!!

#11268	Tue & Thu	Jun 22-Aug 12	8:40 pm-9:25 pm
\$64(P)/\$80(N)	Ages: 14 +		North Pool
#11269	Fri	Jun 25-Aug 13	11:00 am-11:45 am
\$32(P)/\$40(N)	Ages: 14 +		North Pool

Seniors Swim Classes

60 Plus Swim Class

Maintain a younger you by taking our dynamic water exercise/swim class. Class is designed to emphasize stretching and toning to keep you healthier. Swim equipment is used and the class is taught to music. Note: Senior residents pay passholder fee.

#11276	Tue & Thu	Jun 22-Aug 12	2:00 pm-2:45 pm
\$32(P)/\$40(N)	Ages: 55 +		South Pool

Senior Adult Exercise Program Swim

Need to stop aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay passholder fee.

#11280	Mon, Wed, Fri	Jun 21-Aug 13	2:00 pm-2:45 pm
\$48(P)/\$60(N)	Ages: 60 +		South Pool

Senior Aquacize

Senior citizens will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay passholder fee.

#11281	Mon, Wed, Fri	Jun 21-Aug 13	10 am-10:40 am
\$48(P)/\$60(N)	Ages: 60 +		North Pool

Senior Aquacize - Advanced

Same as Senior Aquacize only faster paced. Note: Senior residents pay passholder fee.

#11282	Mon, Wed, Fri	Jun 21-Aug 11	11:05 am-11:55 pm
\$48(P)/\$60(N)	Ages: 60 +		Fitness Pool

Special Swim

Aqua MS

Exercise class or individuals suffering from MS. Class is geared toward increasing flexibility, improving ambulating, coordinating fine motor skills and building endurance in a warm and friendly environment.

#11283	Tue & Thu	Jun 22-Aug 12	9:30 am-10:30 am
\$64(P)/\$80(N)	Ages: 15 +		North Pool

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach! Water provides a stress-free environment in which to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise class. Class is tailored to individual needs.

#11284	Tue & Thu	Jun 22-Aug 12	10:00 am-10:40 am
\$64(P)/\$80(N)	Ages: 16 +		North Pool

Arthritis, Fibromyalgia, TBI, MS, Stroke

These classes are designed for those suffering from Arthritis, Fibromyalgia, Joint Replacements, Stenosis, Traumatic Brain Injuries, Multiple Sclerosis, Stroke and other related disorders. The classes are geared towards increasing muscle strength, flexibility, range of motion, endurance, increasing your cardiovascular system and pain reduction.

#11277	Mon & Wed	Jun 21-Aug 11	9:15 am-10:15 am
\$64(P)/\$80(N)	Ages: 15 +		North Pool

#11278	Tue & Thu	Jun 22-Aug 12	8:30 am-9:30 am
\$64(P)/\$80(N)	Ages: 15 +		North Pool